

Temperature Check:

Providing Anger Management Tools For Youth

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What is **Anger**?

- o Anger is a “psychobiological emotional state consisting of feelings varying in intensity from mild irritation or annoyance to intense fury and rage, accompanied by activation of neuroendocrine processes and arousal of the autonomic nervous system.”

Anger is a 3-Part Process

- o **Part 1-Trigger**-A stimulus—such as a person, place or thing—that contributes to an unwanted emotional or behavioral response.
- o **Part 2-Interpretation**- Deciphering the intent of the trigger. Freeze, Flight, or Fight
- o **Part 3-Emotion**-Behavioral response
 $\text{Trigger} + \text{Interpretation} = \underline{\text{Emotion}}$

Types of Triggers

- o **Emotional triggers** are what happen to you, like when someone verbally puts you down.
- o **Internal triggers** are the messages you give yourself, or thoughts that get you all worked up. They are sometimes based on assumptions, incorrect information, or dysfunctional thinking.
- o **Physical Triggers** occur when personal space is violated

Interpretation

Everything that
can be
interpreted
can also be
misinterpreted.

Interpretation

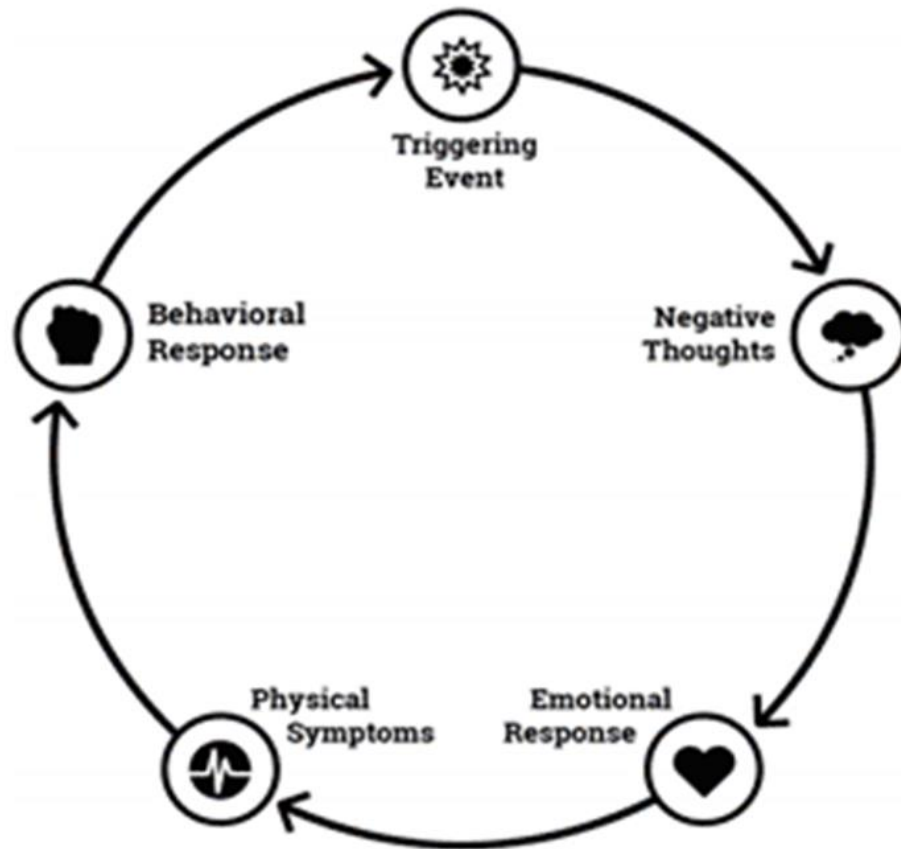
Types of Anger Common Among Youth

- o **Survival Anger**-when you are physically attacked and your body might be injured
- o **Impotent Anger**-when you feel threatened, utterly helpless and unable to deal with the situation so you become angry instead.
- o **Attachment Anger**-when you feel threatened because you might be abandoned or rejected by someone you care about.
- o **Shame Anger**-when you feel humiliated, embarrassed or ridiculed and your self-esteem plunges and you become angry in order to cut off the bad feelings.

Basic Ways Youth Deal with Anger

- o **Stuffing**-Individual frequently swallows their anger or simply does not allow oneself to experience the anger
- o **Escalating**-Individual lets their anger out and does not hold anything in. This person dumps their feelings onto whoever is around at the moment
- o **Managing**-Individual expresses their anger in a socially appropriate and healthy way

Anger Cycle



Triggering Event

An event or situation "triggers" a person's anger. Examples:

- Getting cut off while driving.
- Having a bad day at work.
- Feeling disrespected.

Negative Thoughts

Irrational and negative thoughts occur as a result of the triggering event. Examples:

- "I'm the worst parent ever."
- "The jerk who cut me off doesn't care about anyone but themselves."

Emotional Response

Negative thoughts lead to negative emotions, even if the thoughts are irrational. Examples:

- Feelings of shame and guilt due to being the "worst parent ever".
- Rage directed toward a bad driver.

Physical Symptoms

The body automatically responds to anger with several symptoms. Examples:

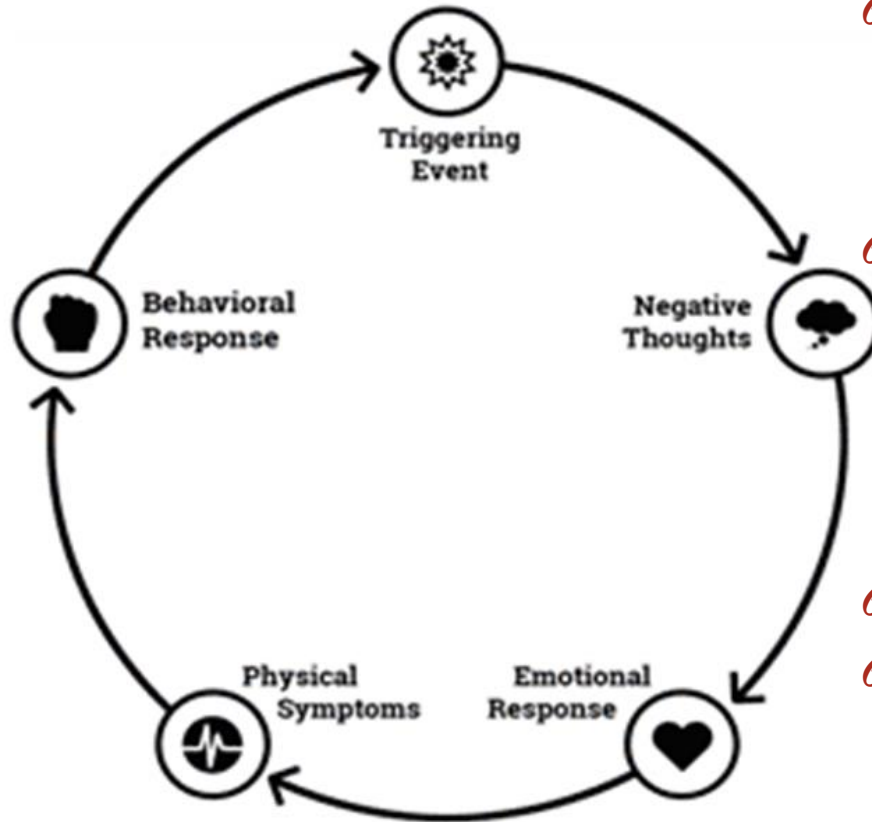
- Racing Heart
- Sweating
- Clenched Fists
- Shaking

Behavioral Response

The person reacts based upon thoughts, feelings, and physical symptoms. Examples:

- Fighting
- Arguing
- Yelling
- Criticizing

Trigger Check ✓



- o Utilize activities and conversation to help youth identify their own triggers
- o Let them use their own words regarding their anger. This helps them to begin practice effective communication.
- o Validate their triggers
- o Have youth identify the physical change that occurs in their body when triggered

Checking the Temperature:

Creative Therapeutic Group Check in's:

- Weather Report
- Rose, Bud, Thorn
- Number Scale
- What's your playlist?
- Thumbs up
- Movie Genre
- One word to describe how you are feeling about the day

Individual De-escalation Techniques

Twenty Minutes-On average, it can take **20 minutes** for a person who has experienced an angry state of arousal, to move from functioning from the emotional area to the thinking area of the brain.

- o Remove youth away from the environment that triggered their anger
- o Work through silence-just keeping a person company while they are angry is a form of de-escalation. Presence can be more comforting than words.
- o De-escalation is not all about verbal communication its also about non verbal communication. Keep talking to the minimum instead.
- o Be mindful of your body language and facial expression
- o Allow youth to talk and you listen
- o Listen for triggers.
- o Empathize or share an anecdote
- o Key Question: **What could you have done differently?**
- o Utilize music, stress balls
- o Games